

**SUB-COMMITTEE OF THE  
PSYCHOTHERAPY ADVISORY COMMITTEE  
MINUTES  
MADISON, WISCONSIN  
SEPTEMBER 18, 2000**

**PRESENT:** Secretary Marlene Cummings, Co-Chair, Douglas Knight, Lynn Gauger, Colleen James, Anita Kropf, Charles Moore, Dismas Becker, John Grace, Marc Herstand, Otis Woods, Sue Ezalarab (for Eileen Mallow), and Shirley Greenwald

**ABSENT:** Eileen Mallow

**STAFF PRESENT:** Kimberly Nania and Jan Neitzel; Bill Conway and Roxanne Peterson (for a portion of the meeting)

**CALL TO ORDER**

The meeting was called to order at 10:06 a.m. by Kim Nania, Bureau Director.

Members of the Committee and Department staff were introduced.

**PSYCHOTHERAPY – ACCESS NEEDS AND PSYCHOTHERAPY DEFINITION**

Doug Knight highlighted several points that David Austin, Legislative Audit Bureau, had cited to aide the Committee to produce a definition of psychotherapy.

1. The Committee needs the complete support of the Board and consensus of the Advisory Committee.
2. Regulation and Licensing needs to support the Committee's decision.
3. The bill must protect the health, safety, and welfare of the public.
4. All or most of the Committee members must be at the hearings.
5. Do not get blindsided at the hearings.
6. Obtain information from other states.
7. Back-up legislators that support the bill.
8. Have enough staff to provide support to the Board.
9. Encourage constituents to meet with their district's legislators.

Doug Knight highlighted recommendations from Greg Underheim.

1. Don't develop fence me out rules.
2. Discipline the people you oversee.
3. Be aware that constituents tell personal stories to the legislators.

The Committee agreed that access to the needs of the public would be addressed after a definition for psychotherapy had been agreed upon.

Charles Moore stated that the most common change processes used for empirical analysis in psychotherapy are: consciousness raising, catharsis, choosing, conditional stimuli, and contingency control.

The Committee discussed the June 21, 2000, "Definitions of Psychotherapy" from Raymond S. Brown, Office of Examinations. The Colorado and Wyoming Acts and the ASWB definition of psychotherapy were discussed to help determine the main areas that need to be included in the definition of psychotherapy.

By consensus, the Committee agreed upon the following definition of psychotherapy.

**Psychotherapy means the diagnosis and treatment of mental, emotional, and behavioral disorders, conditions and addictions through the informed and intentional application of clinical methods and interpersonal stances derived from established psychological principles for the purpose of assisting people to modify their behaviors, cognitions, emotions, and/or other personal characteristics in directions that the participants deem desirable, which may include the understanding of unconscious processes, intrapersonal, interpersonal and psychosocial dynamics.**

### **ACCESS TO PSYCHOTHERAPY**

The Committee noted that licensure of psychotherapists would increase access for Medicaid and HMO clients.

Deputy Secretary Bill Conway gave an overview of e-government and e-commerce on the Internet and the increased accessibility to the public. The Deputy Secretary stated that the Department hopes to have on-line renewal by December 2000.

### **REVIEW OF THE NEBRASKA ACT**

The Committee discussed the Nebraska Act and considered drafting a Wisconsin Model to meet the specific needs of Wisconsin.

### **DISCUSSION OF LEGISLATIVE CHANGES NEEDED FOR BEHAVIORAL HEALTH SERVICES/PSYCHOTHERAPY**

The Committee discussed the rulemaking process and the drafting proposed legislation relating to the licensure of psychotherapists. The Committee agreed that licensure of psychotherapists would give the public a higher level of protection because a higher level of discipline can be maintained. The Committee clarified that certified practitioners will continue to work under licensed supervision.

Secretary Marlene Cummings explained that the credentialing of the various professions should remain as it currently is under each respective Board except that psychotherapists would be granted licensure.

Secretary Cummings further explained that the Board's structures and responsibilities remain as they current are, with the understanding that individuals who have knowledge in the field of psychotherapy and who can make decisions relating to psychotherapy be appointed to each respective Board. An individual with psychotherapy background would also be appointed to the Music, Art and Dance Therapists Advisory Council, which is directly regulated by the Department.

Secretary Cummings and the Committee agreed that any legislative initiative should be flexible in regards to licensure but still ensure that there is no undue risk to the health, safety and economic well-being of the consumer.

The Committee will recommend that the:

1. Psychotherapists become licensed.
2. Definition of psychotherapy be submitted to the Board.
3. Board structures should remain the same.
4. Legislation be drafted to reflect these recommendations.

Douglas Knight and Secretary Cummings will meet to finalize the Sub-Committee's recommendations prior to submitting written recommendations to the Psychotherapy Advisory Committee.

Other issues discussed included:

1. Whether to grandfather individuals who are already practicing psychotherapy.
2. Psychotherapy over the Internet.
3. Psychotherapy referrals.
4. The number of psychotherapists in relationship to the population.
5. Mental health nurses.

#### **OTHER COMMITTEE BUSINESS**

None.

#### **ADJOURNMENT**

The meeting adjourned at 2:50 p.m.